



Red Tail Flyer

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March 18, 2005

Original facilities get better air system

By Senior Airman Colleen Wronek

332nd AEW Public Affairs

People who work in Balad's original facilities are going to get cooler.

The heating, ventilation, air conditioning control shop is restoring building air conditioning by replacing the original HVAC units and control systems.

"By restoring the original HVAC system, interior air quality will improve and utility costs will be trimmed by 20 to 25 percent," said Master Sgt. Glen Strain, 332nd Expeditionary Civil Engineer Squadron HVAC supervisor. "This will make the buildings more comfortable during the summer and winter months."

The building's to be restored are 4011, 4014, 4028, 4029, 4030 and 4100. Sergeant Glen expects the project to be completed by the middle of the next rotation.

"The buildings won't have interrupted air service during the installation because there are air conditioners already installed on the walls," said Sergeant Glen, whose home station is Little Rock AFB, Ark.

By returning the buildings to the original air system, the Air Force will save money.

"It will cut maintenance work by 75 percent," Sergeant Glen said. "Less maintenance work



Photo by Senior Airman Colleen Wronek

Staff Sgt. Ricky Wood, 332nd Expeditionary Civil Engineer Squadron HVAC craftsman, checks for the proper voltage on an environmental control unit. The HVAC shop is restoring Balad's original facilities air conditioning systems by replacing the original HVAC units and control systems. The new systems will provide better air quality and temperature control.

and better temperature control will improve our quality of life."

Some of the buildings will have split systems installed, which allow year round heat and air conditioning. "Installing the split system will lower service calls and give the customer opti-

mum heating and cooling," said Staff Sgt. Ricky Wood, 332nd ECES HVAC craftsman, whose home station is Fairchild AFB, Wash. "Our job affects everyone and is critical to the mission. With a better indoor climate, people can work effectively.

People can't function properly with extreme temperatures, and it does the mission no good when people can't work because they are too hot or too cold."

Staying safe while deployed is a priority

By Tech. Sgt. Rathbun
332nd AEW Safety

One of the greatest things about being in a combat zone is Airmen from different operational and skill levels come together to make things happen.

Although everyone here comes from a variety of backgrounds, safety should still be a priority.

The safety office hears excuses every day from people not performing safe practices.

Some excuses are: "Seatbelts? I'm wearing body armor and a Kevlar helmet. Why do I need a seatbelt?" or "Why should I do a FOD check when there are already rocks all over the airfield?"

An even better excuse is "Reflective belts just aren't tactical." or "I've got to get this airlifter downloaded and back in the air as quick as I can."

Body armor and Kevlar helmets are designed to stop weapons fragments. They're not designed to reduce blunt force trauma such as the "thump" you feel when hitting the dashboard.

Every time anyone gets into their car at home, they put their seatbelt on without thinking



Photo courtesy of 332nd AEW safety

A damaged K-loader caused by not taking proper safety precautions. Damaged Air Force equipment is not only expensive to fix, but also impacts mission capabilities.

about it. Buckling up has become a habit.

At Balad, habits can be broken and safety practices, such as wearing a seatbelt, can be forgotten. Make it a habit to wear seatbelts regardless of the PPE worn.

Foreign object debris is a serious problem here. FOD comes from large aircraft kicking up rocks by running their exhaust and airfield pavement deterioration and debris dropped from vehicles.

FOD can cause serious damage to aircraft and hinder the

mission. Doing a FOD check at entry control points is the easiest way to prevent FOD.

A FOD check consists of checking the vehicle to ensure no branches, paper or other debris is carried under the car, checking the pickup bed for loose items, checking tires for rocks stuck in the tread, and tossing rocks found in tires off the road so FOD is not picked up by other vehicles.

If a vehicle leaves a paved surface on the flightline, they must do a FOD check before entering the taxi-way. To avoid

doing another FOD check, stay on paved roads.

Remember FOD prevention is everyone's responsibility. If FOD is spotted, pick it up.

Reflective belts will allow you to be seen at night. The Air Force does not require Airmen to be tactical while on Balad. The chance of an enemy targeting someone because they are reflective is slim compared to the odds of a driver hitting someone in a dark parking lot or walking on a dark road.

If someone doesn't have a reflective belt, they should visit the safety office or call 443-6111. The safety office can deliver belts.

Doing rush jobs on work is not wise. The chance of ground accidents happening in a deployed location are high, with poor visibility at night. Taking the time to perform duties properly will insure no one gets hurt.

Don't do the bad guy's job by getting hurt or breaking things. Help each other out and stop other people from hurting themselves.

The goal is to get the mission done and leave in one piece.

News briefs

National Prayer Luncheon

To sign up for the National Prayer Luncheon, see unit first sergeant.

Correction

In the Comm. Tips section of the March 11 edition of the Red Tail Flyer, the statement "if there's a need to transfer classified information to a unclassified network..." was worded inaccurately. Users are not authorized to transfer classified information to an unclassified network.

AFAF

If interested in donating to the Air Force Assistance Fund, contact home station unit POC's. For more information, contact your home station.

Airmen's Attic

The Airmen's Attic is open from 7 to 9 p.m. Mondays and Saturdays, and 8 to 10 p.m. Wednesdays in the H-6 self-help laundry facility. The Airmen's Attic has free items for E-1's through E-5's and donations are accepted during business hours.

From the 332nd Air Expeditionary Wing First Sergeant:

Headphones are not to be worn with DCU's, flight suits, body armor, or official or conservative PT gear. The only exception is in the fitness center or on an authorized track while performing PT.

Wing first sergeant is number one

By Senior Airman Colleen Wronek

332nd AEW Public Affairs

Balad's wing first sergeant has been named 12th Air Force first sergeant of the year and will go on to compete at the Air Combat Command level.

Senior Master Sgt. Steve Canter, whose home station is Davis-Monthan AFB, Ariz., was notified through e-mail that he received the honor at both the wing level and the numbered Air Force level.

"My wife, Tracy, e-mailed me after the 355th wing banquet and Tracy and my daughters, Rhegan and Averi, got to go on stage and accept the award for me. I think they enjoyed that a lot," he said. "Then my command chief from Davis-Monthan e-mailed me after the 12th Air Force banquet."

Sergeant Canter, who's been a first sergeant for almost seven years, said he was excited and humbled at the same time.

"I really don't think first sergeant of the year is an individual award when you break it down," Sergeant Canter said. "I'm lucky to have a great shirt council at Davis-Monthan and here who work together as a team. To be singled out from this great group of people is truly an honor."

Some of Sergeant Canter's first sergeant accomplishments include providing counsel to the third largest squadron at Davis-Monthan, working with family members with a deployed loved one to make the deployment process easier and providing fair discipline to those receiving Article 15's and letters of counseling.

"His reputation preceded him and I found out about him from the previous wing first sergeant," said Command Chief Master Sgt. Dennis Krebs, 332nd Air Expeditionary Wing. "Since he has been here, he has spearheaded morale, health and welfare activities such as cleaning up the H-6 laundry room, taking care of the CLEP prep class scheduling and working with dorm managers."

Sergeant Canter also took charge of moves within the wing by working with Air Force and KBR lodging and he helped lay board walks in the housing area.

"His number one job is taking care of people and he does that exceptionally well," Chief Krebs said. "I'm hoping to get someone like him for the next rotation as the wing



Photo by Senior Airman Colleen Wronek

Senior Master Sgt. Steve Canter, 332nd Air Expeditionary Wing first sergeant, talks to Airman 1st Class Sonder Raymundo and Senior Airman Melinda Miller, both 332nd Expeditionary Security Forces Squadron gate guards. Sergeant Canter, who was recently named first sergeant of the year, talks to the gate guards to see how they are doing every time he drives into H-6.

first sergeant."

Sergeant Canter said his greatest accomplishment is to connect with younger troops and gain their trust. "I try to be straight forward and honest with them and I think they really appreciate it," he said. "I love it when I look a troop in the eyes and see confidence and self respect they've gained through their military service. If I had a small part in their success then I'm happy."

Sergeant Canter said he has learned a lot more about the Air Force as a first sergeant than he ever would if he had stayed in Avionics.

"What I really like most is the great opportunity I've been given to work with outstanding people in so many different career fields," he said. "You need to get outside your little piece of the Air Force world to really appreciate how hard everyone works to make our mission a success. Motivation and enthusiasm make the Air Force go. Step up and say, 'yes' to a project nobody else wants to do. The satisfaction you'll get from making it happen will make you want to do more."

Eating healthy possible while deployed

By Capt. Heidi Clark

332nd Expeditionary Medical Group

March is National Nutrition Month, which reminds people to take a closer look at food choices and eating habits.

The variety of choices at the dining facility can be overwhelming, and the abundance of fried foods and desserts give the impression a healthy diet is impossible.

A healthy diet is possible. With some wise food choices and a little self restraint, eating healthy can easily be a part of the Balad lifestyle.

Fruits and vegetables: Mom was right when she nagged you about eating your broccoli. Fruits and vegetables are rich in antioxidants, which are disease fighting compounds, as well as high in fiber and loaded with vitamins and minerals.

Many times, they are low in fat and calories and are a healthy way to brighten up any meal.

The salad bar and the array of fresh

fruit at the DFACs ensure there is something healthy to choose at every meal.

Beverages: It can be easy to drink too many calories. Well chosen beverages can contribute important nutrition to a meal.

Milk is a source of protein, calcium and vitamin D (with skim or lowfat milk being the best choice for those concerned with weight gain).

Fruit juices are rich in vitamin C as well as other vitamins and minerals. The 100 percent fruit juices are the best option.

Water is always a good choice for hydration, and with the unlimited supply of bottled water here, staying hydrated is even easier.

Entrée choices:

Foods that are steamed, baked or broiled will be lower in fat and calories than those fried or have extra gravy or cream sauces. When in doubt, ask for a small por-

tion and then fill up on veggies.

Starches and grains:

Whole grain foods, such as oatmeal, whole wheat bread and whole grain breakfast cereals are healthy choices high in fiber and low in processed carbohydrates.

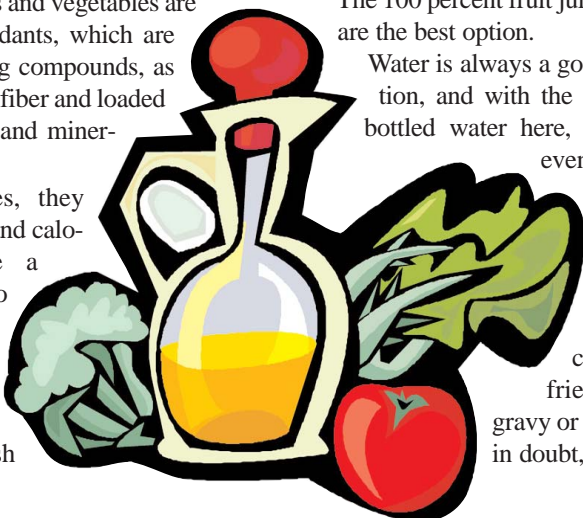
Be careful about extra's like mayo, butter, jelly or gravy. These choices can add extra calories without providing extra nutrition.

Desserts:

Portion control is key when dealing with sweets. A small serving of dessert a few times per week may be a good goal for those concerned about weight gain.

Choosing desserts made with fruit can be a healthier choice, but watch the portions. Having fruit or yogurt instead of pie or cookies is also a good idea.

By relying on fruits and vegetables, avoiding foods high in fat and calories and keeping portion sizes modest, eating a healthy diet is an achievable goal for anyone, anywhere.



REC TENT EVENTS

All events are held in the H-6 recreation tent. For more information, visit the rec tent.

Dominos tournament: 2 p.m. and 8 p.m. Sundays. Winners receive prizes.

Texas hold em' poker tournament: 2 p.m. and 8 p.m. Mondays. Winners receive prizes.

8-Ball tournament: 2 p.m. and 8 p.m. Tuesdays. Winners receive prizes.

Ping Pong tournament: 2 p.m. and 8 p.m. Wednesdays. Winners receive prizes.

9-Ball tournament: 2 p.m. and 8 p.m. Thursdays. Winners receive prizes.

Karaoke: 8 p.m. to 11 p.m. Thursdays.

Open mic night: 8 p.m. every other Friday. People interested can sing, dance, read poetry, play an instrument, etc.

Spades tournament: 8 p.m. every other Friday. Winners receive prizes.

Bingo: 8 p.m. Saturdays. Winners receive prizes.

Chaplains offer more than religious services

By Master Sgt. Jim Randall

332nd AEW Public Affairs

Although most people probably associate chaplains with worship services, their job is a lot more complicated than that.

"Our mission here includes providing for the religious needs of Air Force personnel and helping them with any issues that they may have," said Chaplain (Capt.) Hank Thomas, one of six chaplains assigned to the 332nd Air Expeditionary Wing. "We also provide fellowship opportunities, personal and spiritual counseling."

"Our most important role here is to be a trusted confidantes and supporter," said Chaplain (Maj.) Jim Summers, 332nd AEW's Senior Protestant Chaplain.

People don't have to be religious to take advantage of chaplains' counseling services, and everyone can rest assured when they confide in a chaplain because chaplains have a unique privilege that other agencies don't – the privilege of strict confidentiality.

"Basically, confidentiality means that anything that is shared with us stays with us," said Chaplain Thomas. "This allows people to tell us anything without fear of any retribution."

Professional training among chaplains varies depending upon their endorsing agent's (denominational) requirements, but all chaplains must have masters degrees in theology and many have PhDs, according to Chaplain Thomas. The Air Force Chaplain Service also encourages chaplains to participate in seminars and conferences, such as crisis counseling certification courses, to hone their counseling skills.



Photo courtesy of 332nd Wing Chapel

A Balad chaplain conducts a Contemporary Protestant service at the Town Hall. Chaplains do more than perform worship services. Their mission here is to provide confidential counseling to all Airmen.

Being a chaplain is a 24-hour-a-day job, according to Chaplain Summers.

"One of our biggest challenges is to make sure we're available to all the units here," said Chaplain Summers. "Since different units work different hours, it's sometimes hard to keep up with everyone. But it's important for us to get out and see people to give them a lift and remind them that we're here when they need us. People need

to know that we care about them and they can always turn to us."

Chaplain Thomas says the best thing about being a chaplain is being able to communicate hope and reassurance to people during crises.

"My most rewarding and memorable experiences here included being involved in memorial services for 10 fallen soldiers from Great Britain and more recently, the memorial service for a firefighter who lost

his life here," said Chaplain Thomas. "The services were sad, but it was an honor to take part in them, to hear 'Amazing Grace' being played on the bagpipes and see everyone's patriotism and determination."

"In the military, everyone's job is to focus on the mission," said Chaplain Summers. "Our mission is to take care of people."

There is no excuse for poor leadership

By Maj. Shannon Rogers

46th Expeditionary Reconnaissance Squadron commander

Poor leadership is something we can't afford in the Air Force. All jobs are impacted by leadership and I know everyone has met people you think are good leaders and poor leaders.

Leaders need to make decisions. The inability to make the right decision at the right time can cripple an organization.

For me, there are two types of decisions: A decision for mission and a decision for personnel. In other words, when you make a decision you need to know how your decision impacts those categories.

A decision can have different effects on those two categories. It can be positive/positive, negative/positive, negative/negative or positive/negative.

Inside the terms of positive and negative, always keep in mind there is an infinite effect range, from insanely beneficial to brutally crushing.

Whenever you make a decision, think about its effects on your organization and personnel. There are times when a mission decision must be made that will cause personnel issues and a personnel decision that

“ You are all leaders in your own way. Every decision you make on a daily basis impacts your organization and its people. ”

Major Shannon Rogers
46th Expeditionary Reconnaissance Squadron commander

will impact the mission. It becomes the job of a leader to know the difference and make the decision at the right time for the correct effect.

You are all leaders in your own way. Every decision you make on a daily basis impacts your organization and its people.

If you have a bad attitude, it will rub off on those around you. The same goes for a good attitude. If you are a hard worker, people will see that and strive to do better and if you are a slacker, they will see that too.

Small decisions, such as dress and personal appearance, can have rippling effects on your organization. It may only be a

small decision, but it does matter since you are impacting both the mission and the personnel in your organization.

The best way to make a decision is to use the information you have at that time and make an informed decision.

Before you enact your decision, think about how it will affect the your organization and it's people. Contemplate if there is anything you can do to change the effects on your people or organization.

Remember, not making a decision is actually making a decision. There are times when kicking the can down the road is the right thing to do.

The ability to make a decision, the fortitude to stay on track and the wisdom to change a poor decision are all traits that come from understanding the impact on your mission and personnel.

Leadership is about doing the right thing at the right time. Everyone is a leader.

Try to maximize benefits and minimize negative effects. You won't succeed every time and hard decisions with severe negative consequences will still have to be made.

A leader's job is not a popularity contest; it is matter of doing what is right for the mission and your people.

Prevent an incident, practice checklist discipline

By Master Sgt. Jeff Ori

332nd AEW Safety

When asked to write this article, I had to decide on a topic I wanted to address. I figured most of you didn't want to see another article on operational risk management. So I decided to write about a common occurrence: the lack of checklist discipline.

I am not going to get on a soapbox and preach nor will I say I am without fault. I will say, I have never seen or heard of anyone being court-martialed for following the checklist.

In my 18 years of being in the aircraft maintenance arena as a load toad, I have seen the

results of incidents or accidents when checklist discipline was not used.

I'm guilty as anyone else. I thought I was smarter than the checklist, but that was an immature mindset that could have cost me more than I would have been able to pay.

A checklist is simply a condensed version of a tech order that provides you the necessary steps to complete your job in a safe and quick manner.

But when you choose to do your job from memory instead of using the checklist, the results could be fatal.

Research indicates the capacity of a working memory is limited. Unless actively rehearsed

or aided by some external form of reminder or memory jogger, information contained in the working memory will generally be forgotten in 10 to 20 seconds.

Checklists are of no value if it is left in the truck and not used. The checklist needs to be viewed as another tool in your toolbox.

Its purpose is to help ensure critical items necessary to complete a task are not overlooked.

Such procedures, when applied in a disciplined and standard manner are intended to support performance by providing a firm foundation for the task.

Without checklist discipline,

the odds are on the side of error.

A positive attitude must be promoted toward the use of checklists and everyone should consider its importance.

The procedures that are used on the flight line today are the result of experience, research, and unfortunately, the findings of causal or contributing factors gathered from previous accidents or incidents.

Many of the procedures used today were developed and implemented to avoid recurrence of an undesirable event. Remember, no one has been or ever will be court-martialed for following his or her checklist, so be safe and use your checklist.

Defense briefs

Health officials recommend changes to fitness program

WASHINGTON – Air Force health officials recommended seven changes to the fitness program during the program's first annual review. In the interest of fostering the fitness trend, officials said they are considering the following changes to better the program.

- Award full points on the body composition component of the test if the body mass index is within a healthy range. The Air Force is adding height and weight back into the standard to accommodate Airmen unable to obtain the minimum abdominal circumference but are still at a normal weight for their height. National Institutes of Health officials define an index of less than 25 as a normal or healthy weight.

- Move the waist-circumference measurement to a controlled area for people rated poor or marginal and are being retested to reduce inconsistencies.

- Lengthen run times for tests conducted at higher elevations.

- Retest Airmen who are rated "marginal" at 90 days instead of 180 days.

- Promote nutrition as an important aspect of education and intervention.

- Emphasize regular physical training rather than test results.

- Reinforce commanders' accountability.

A proposed change to weighing the programs components at 60-20-10-10 instead of the current 50-30-10-10 was rejected. The weighted areas, expressed in percentages, correspond to the run, waist measurement, crunches and pushups.

Two smaller changes will be made to the assessment criteria. Values for females aged 50 to 54 were not consistent with all other age categories, so officials will adjust the criteria according to American College of Sports Medicine standards. A category was also added for people older than 60.

The program changes are expected to be implemented in June, officials said.

Program offers subsidized child care to Guard, Reserve

WASHINGTON — Department of Defense officials have joined forces with national agencies to help Guard and Reserve families in finding and affording child care while a parent is deployed.

We don't fully subsidize child care, but we do work to reduce the financial burden, said Jan Witte, director of the Pentagon's office of children and youth. Ms Wittes' staff monitors the new program, dubbed Operation Military Child Care. The fees are based on a sliding scale that takes into consideration total family income and the care provider's actual cost.

To take part in the program, a family member can apply through the association on the operation's Web site or by calling toll-free at (800) 424-2246. The child-care provider also must apply.

The association also supports Guard and Reserve servicemembers through a program called Operation Child Care. It is a voluntary program that provides up to six hours of free child care to Guard and Reserve families whose deployed servicemember is returning home for rest and recuperation.

Meet your neighbor



Senior Airman Jason Beecroft

Home station: Davis-Monthan AFB, Ariz.

Unit: 332nd Expeditionary Logistics Readiness Squadron

Hobbies: I enjoy bowling.

How do you contribute to the mission? I supply fuel support, which is critical to the mission.

What is your favorite aspect of this deployment? I have saved a lot of money.

Besides your family, what do you miss back home? I miss my girlfriend and sleeping in on the weekends.

Fire Safety

Knowing your address when reporting a fire is a must.

Know your POD letter, trailer number and room number and know your work address, street name and phone number.

To report an emergency, call 911.

Air Force Religious Schedule

Protestant

Sundays:

9 a.m. • Traditional – Hospital

11 a.m. • Contemporary Worship – Town Hall
5:30 p.m. • Inspirational Worship – H-6 Chapel

March 25:

6 p.m. • Good Friday – H-6 Chapel

March 27:

6 a.m. • Easter Sunrise Worship – call 443-7703 for location

11 a.m. • Easter Worship – Town Hall
5:30 p.m. • Easter Worship – H-6 Chapel

Roman Catholic

Daily:

When Catholic Chaplain is available, Mass • 7:30 p.m. – H-6 Chapel
Confessions – Offered prior to Daily Mass

Saturdays:

7:30 p.m. • Mass – H-6 Chapel

Sundays:

9 a.m. • Mass – H-6 Chapel

2 p.m. • Mass – CJSOTF Chapel

3:30 p.m. • Mass – JSOAP-AP Chapel

March 24:

8 p.m. • Holy Thursday – H-6 Chapel

March 25:

3 p.m. • Good Friday Stations of the Cross – H-6 Chapel

8 p.m. • Celebration of the Lord's Passion – H-6 Chapel

March 26:

8 p.m. • Holy Saturday Great Vigil Mass of Easter – H-6 Chapel

March 27:

9 a.m. • Easter Sunday Mass – Town Hall

Latter Day Saints

Sundays:

7 p.m. • Sacraments – H-6 Chapel

8 p.m. • Sunday School – H-6 Chapel

Fellowship and Study

Daily:

8:30 p.m. • Band of

Brothers Fellowship – H-6 Chapel

9 p.m. • Band of Brothers Prayer – H-6 Chapel

Sundays:

2 p.m. • Protestant Bible Study – Hospital

7 p.m. • Catholic Study – Chapel Fellowship room

Tuesdays:

7:30 p.m. • Purpose Driven Life – Chapel Fellowship room

Wednesdays:

7 p.m. • Purpose Driven Life – Chapel Fellowship room

Thursdays:

5:30 p.m. • Purpose Driven Life – Hospital

7 p.m. • Latter Day Saints Study Group – Chapel Fellowship room

Fridays:

5 p.m. • Experiencing God – Chapel Fellowship room

7:30 p.m. • Women's Bible Study – Hospital

Know what this is?



Photo by Staff Sgt. Lindsey Maurice

If you can identify the object, send us an e-mail at redtailflyer@blab.centaf.af.mil. The first person with the correct answer wins a \$5 gift certificate courtesy of the 332nd Expeditionary Services Squadron. Last week's photo of a cargo strap was first identified by Master Sgt. Philip Brown, 732nd Expeditionary Civil Engineer Squadron first sergeant.

Sustainer Movie Schedule

Schedule is subject to change

Today, March 18

3 p.m. - The Pacifier

6 p.m. - White Noise

9 p.m. - The Pacifier

Saturday, March 19

3 p.m. - The Pacifier

6 p.m. - White Noise

9 p.m. - White Noise

Sunday, March 20

3 p.m. - Lemony Snicket's

6 p.m. - Man of the House

9 p.m. - Coach Carter

Monday, March 21

3 p.m. - Meet the Fockers

6 p.m. - White Noise

9 p.m. - The Pacifier

Tuesday, March 22

3 p.m. - Fat Albert

6 p.m. - The Pacifier

9 p.m. - White Noise

Wednesday, March 23

3 p.m. - Blade Trinity

6 p.m. - Elektra

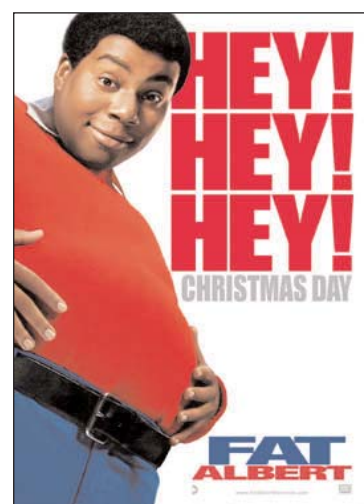
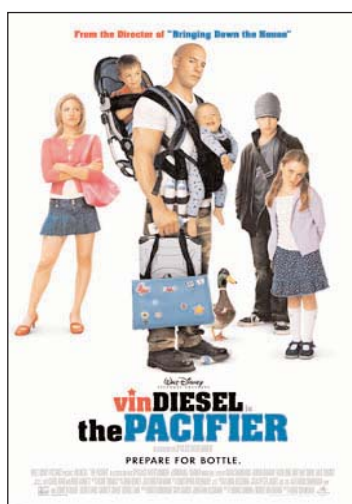
9 p.m. - Closer

Thursday, March 24

3 p.m. - White Noise

6 p.m. - Fat Albert

9 p.m. - The Pacifier



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